

# TAHINI DATE SMOOTHIE

Adapted from recipe by Anthea Cheng



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*I love having this smoothie when I want something a little sweet and indulgent but healthier without a sugar spike. It reminds me of classic caramel slices :)*

*This delicious blend of flavours from banana, dates, cinnamon and tahini delivers an awesome taste experience.*

## Ingredients

- 1/2 cup any plant-based milk, such as almond, soy or oat (see note)
- 1 cup water (see note)
- 1 frozen banana, peeled and chopped roughly
- 2 medjool dates, pitted
- 2 tsp tahini
- 1 tsp ground cinnamon

**PREP TIME: 5 MINS**

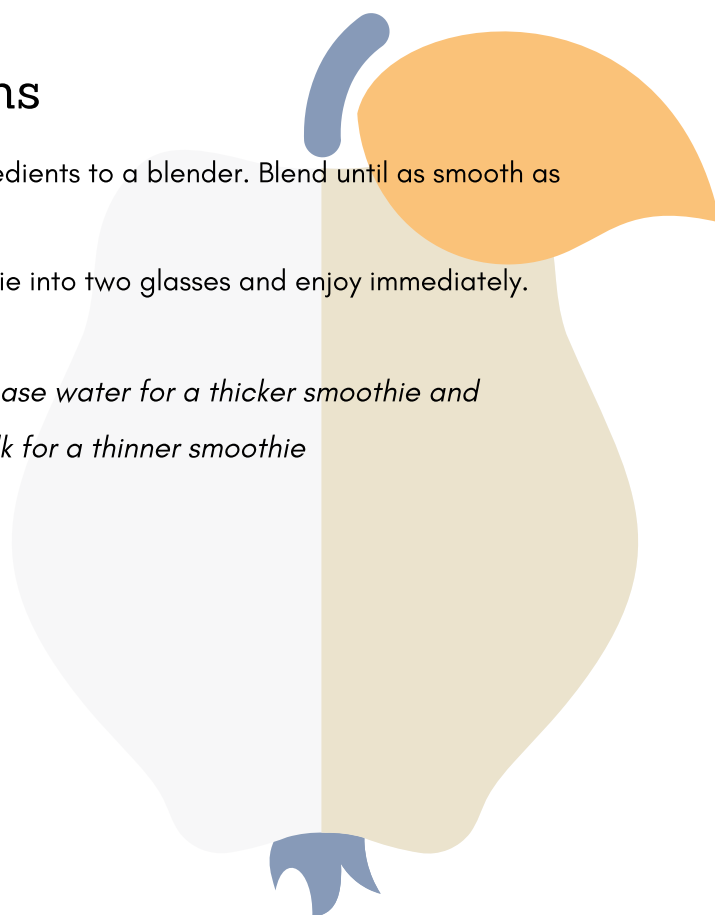
**TOTAL TIME: 5 MINS**

**SERVES: 2**

## Directions

1. Add all ingredients to a blender. Blend until as smooth as possible.
2. Pour smoothie into two glasses and enjoy immediately.

*Note: Decrease water for a thicker smoothie and increase milk for a thinner smoothie*



**Anthea Cheng** (BArtTh, BA Hons, GradDip Govt) is a vegan food blogger, chef, and published author with a background in humanitarian policy. These days, she runs her blog [Rainbow Nourishments](#) where she shares wholesome and indulgent plant-based recipes.

